

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water 1	g	77.84	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Energy	kcal	105	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2014
Energy	kJ	441	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2014
Protein 1	g	18.09	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Total lipid (fat) 1	g	3.68	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Ash 1	g	1.13	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Carbohydrate, by difference	g	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2014
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2014
Sugars, total	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	03/2014
Minerals													
Calcium, Ca 1	mg	5	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe 1	mg	3.29	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Magnesium, Mg 1	mg	20	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Phosphorus, P 1	mg	204	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Potassium, K 1	mg	277	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Sodium, Na 1	mg	94	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Zinc, Zn 1	mg	1.65	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Copper, Cu 1	mg	0.412	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Manganese, Mn 1	mg	0.022	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Selenium, Se 1	µg	10.9	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Thiamin 1	mg	0.520	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Riboflavin 1	mg	0.537	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Niacin 1	mg	5.757	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Pantothenic acid 1	mg	2.244	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Vitamin B-6 1	mg	0.144	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Vitamin B-12 1	µg	8.40	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Vitamin A, RAE	µg	5	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Retinol 1	µg	5	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2014
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2014
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, IU	IU	18	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2014
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2014
Vitamin E (alpha-tocopherol) 1	mg	0.65	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Vitamin D3 (cholecalciferol) 1	µg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Vitamin D 1	IU	1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Lipids													
Fatty acids, total saturated	g	0.995	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2014
4:0	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	03/2014
6:0 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
8:0 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
10:0 1	g	0.004	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
12:0 1	g	0.007	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
14:0 1	g	0.052	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
16:0 1	g	0.337	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
17:0 1	g	0.040	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
18:0 1	g	0.536	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
20:0 1	g	0.004	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
22:0 1	g	0.017	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
24:0 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Fatty acids, total monounsaturated	g	0.517	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2014
14:1 1	g	0.004	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
15:1 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
16:1 undifferentiated 1	g	0.022	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
16:1 c 1	g	0.015	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
16:1 t 1	g	0.007	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
17:1 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
18:1 undifferentiated 1	g	0.492	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
18:1 c 1	g	0.421	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
18:1 t 1	g	0.071	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
20:1 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
22:1 undifferentiated 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:1 c 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
24:1 c 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Fatty acids, total polyunsaturated	g	0.646	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2014
18:2 undifferentiated 1	g	0.340	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
18:2 n-6 c,c 1	g	0.308	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
18:2 CLAs 1	g	0.033	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
18:2 t,t 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
18:3 undifferentiated 1	g	0.096	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
18:3 n-3 c,c,c (ALA) 1	g	0.096	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
18:3 n-6 c,c,c 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
18:4	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	03/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:2 n-6 c,c 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
20:3 undifferentiated 1	g	0.007	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
20:3 n-6 1	g	0.007	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
20:4 undifferentiated 1	g	0.091	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
20:4 n-6 1	g	0.091	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
20:5 n-3 (EPA) 1	g	0.059	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
22:5 n-3 (DPA) 1	g	0.032	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
22:6 n-3 (DHA) 1	g	0.021	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Fatty acids, total trans	g	0.078	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2014
Fatty acids, total trans-monoenoic	g	0.078	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2014
Cholesterol 1	mg	119	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014

Amino Acids

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tryptophan 1	g	0.200	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Threonine 1	g	0.863	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Isoleucine 1	g	0.810	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Leucine 1	g	1.397	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Lysine 1	g	1.580	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Methionine 1	g	0.590	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Cystine 1	g	0.237	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Phenylalanine 1	g	0.712	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Tyrosine 1	g	0.627	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Valine 1	g	0.921	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Arginine 1	g	1.218	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Histidine 1	g	0.383	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Alanine 1	g	0.899	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Glutamic acid 1	g	2.527	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Glycine 1	g	0.773	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Proline 1	g	0.580	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Serine 1	g	0.617	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2014
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2014
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2014

Sources of Data
¹Beef + Lamb New Zealand Limited New Zealand Beef + Lamb Study, 2012 Wellington